



2012 PSAC Ontario Health & Safety Conference

April 14-15, 2012 in Toronto

Mental Health Matters

January 2, 2012

To: All Ontario Locals/Branches

From: Sharon DeSousa - REVP Ontario and the PSAC Ontario Council Health & Safety Committee

cc: Regional Council and Alternates, Component RVP/NVPs, Area Council Presidents, Equity Committee Chairs, Regional Women's Committee Chairs, Denis St. Jean, PSAC National Health & Safety Officers, Ontario Regional Offices

Dear Sisters and Brothers,

The 2012 Ontario Health & Safety Conference will be held on **April 14 & 15, 2012** at the **Marriott Courtyard Hotel** (475 Yonge Street, Toronto, ON, M4Y 1X7, 1-800-847-5075). This year's Health and Safety Conference theme is ***Mental Health in the Workplace***. Stress, anxiety and depression are rising within our workplaces due to increased job insecurity, ever-increasing workload demands and precarious working conditions. With these factors and a Federal Government focused on cuts to public services, the rate of mental health related illnesses is increasing dramatically.

The 2012 Health and Safety Conference will deliver two main workshops: **Dealing with Workplace Stress** (from the Workers Health & Safety Centre) and **Mental Health in the Workplace**. These two workshops will focus on the following objectives:

1. Educate activists on Mental Health and Stress (cause and effect)
2. Develop strategies to reduce the condition of stress in the workplace
3. Mobilize activists around Health and Safety
4. Establish the foundation for regional Health and Safety Networks

Delegates will be selected based on their involvement in Joint Occupational Health and Safety Committees, Health and Safety experience and/or Union activism within their workplaces. Regional representation and equity will also be factors in the selection process.

The Registration fee for the Conference is \$100.00 per person for delegates and \$150.00 for observers. The Registration fee is non-refundable once you have been accepted as a participant or observer to the conference.

Delegate expenses covered include travel (by most economical mode of travel), meals, parking and accommodation. Delegates are encouraged to ask their employer for Leave with Pay to attend the conference. PSAC will cover loss of salary where applicable however copies of shift or work schedules must be provided.

For Observers, a special room rate has been negotiated with the hotel. Observers are responsible for their expenses and are expected to make their own hotel reservations and travel arrangements. However, breakfast and lunch will be provided by the conference on the Saturday and Sunday.

For further information regarding expenses, please see the attached 2012 PSAC Ontario Regional Health and Safety Conference Travel and Expense Policy.

The Conference is scheduled to **begin at 8:30 am** on Saturday, April 14, 2012 and will **end at 4:00 pm** on Sunday, April 15, 2012.

Please note the Marriott Courtyard Hotel is a smoke free hotel and this is a Scent-Free Conference, as per PSAC's Scent-Free Policy.

Please submit your completed Conference Registration form to the PSAC Toronto Regional Office by February 24, 2012 at 4:00 pm.

In Solidarity,



Sharon DeSousa
Regional Executive Vice President, Ontario
Public Service Alliance of Canada

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